Happiness Jar

The ability to use positive thinking to lift you up when you are feeling down is a big part of being resilient.

But this can be easier said than done. The happiness jar helps pupils by giving them something tangible to look at and remind them about positive things in their life.

**Objective:**

Pupils will learn how positive thinking can help them cope with adversities. They can use their ‘happiness jar’ when they are going through a hard time.

**Total Time:** 40 minutes

**Materials needed:**

* Jars (one for each pupil)\*
* Coloured paper
* Scissors
* Decorations for the jar (gems, sequins, foam shapes etc.)
* Glue
* Felt tips

\* As an alternative to jars, pupils could create paper lanterns and write one positive thing on each strip of the lantern.

**Part One** (10 minutes)

Ask pupils to write down a list of all the positive things in their life.   
*This can be anything - people, favourite things, animals, memories or hobbies.*

**Part Two** (10 minutes)

Next pupils will write down on separate pieces of paper what was on their list and add it into their jar.

**Part Three** (20 minutes)

Finally, pupils will decorate the jar.

*Encourage the pupils to make it personal to them, as they can either take it home to put in their room or have on their desk.*

Happiness Jar

A big part of being resilient is the ability to pick yourself up when you are feeling down. One great way to do this is to think about all the positive things in your life.

1. On a piece of paper write down all the things you are grateful for or things that make you happy.

*Examples could be your pet, memories from a holiday, playing a sport, drawing, your favourite book or a funny joke.*

1. Using the list, write down each point on a separate piece of coloured paper and put inside your jar.   
     
   You can also put other things into your jar that remind you of happy times, *for example a train ticket to somewhere fun or a picture of your pet.*

1. Next decorate your jar and make it personal to you with your favourite colours.